

The total package, by Brett Nortje.

Recently I have been thinking about how lucky I am to be where I am in life, and of my privileges. Also, I have been interested in writing about motivational stuff, and, believe I am good at that too. And, of course, as many people do, I believe I am better than other people, actually I firmly believe I am the best. It is for this reason I am writing this, and I hope not to forget anything.

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Now, the first thing I am going to bitch about is waiting for calls! Waiting for calls on company time is the worst thing that can happen to a business after the workers not producing goods. Think of it now, if you were to phone someone with a question or query, and they say they will get back to you in ten minutes, follow it up after fifteen minutes! They are holding your company back, and so are you. I will explain it to you.

If you were to place an order for a hundred components with someone, and they do not follow it up in time, they might only get delivered the next day. This means, that production will stop, and, your supply line to your customers is harmed. On the other hand, if you are selling components, and someone says they will call you back with an order, you need to contact them. If you don't you are seeing to the demise of getting money coming in early for the company to spend, yes?

But, even worse, is this scenario I thought up a while ago. Let's say you order something for a good price, what do you do then? Do you walk around relieving stress and stuff, have a cup of coffee, and wait for something to happen? Or, do you contact some other company with this special price and take a commission for yourself? Think about it, if you use company money to make sales, in any way shape or form, you will be recognized, yes? Now, imagine sitting on the phone and pc the whole day looking for deals, hunting them down, and listening intently to the goings on?

But, what do you do? You do the bare minimum, work out what you can leave till later, and then get on with your personal life, of course. This is typical of 'lazy' people. You need to phone to make a deal for tomorrow, then, why not make a second deal for tomorrow? It is like selling ice cream – you can sell one ice cream, then close the shop up for the rest of the day, or you can sell as much ice cream as you can, yes?

So, please understand when I say you should not let your company, or even yourself, rest in the hands of others. Follow it up. Is dignity that valuable? What about pride? Are you too high up in the company to try to do the best you can?

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Now, we get to the first day on the job. Yes you can! Of course you can, you are in no way retarded and have all your fingers, yes? Can't you? Oh, maybe? Why not try?

First day of work for me was a mess. I didn't know what was going on, but, I knew I was getting paid and tried to look busy. Busy as I could. People used to hand me things, explain them to me, and I agreed that they were good tasks. Then, as soon as they left, I put it on my desk and kept dreaming. It took a meeting with the director to get me going right, and, interested and listening!

Now, you can too. What I am about to suggest might sound a little crazy, a little bit out of the ordinary, but, you should ask again for them to tell you what to do. They cannot fire you for asking what to do in your first week, will they? Just ask! Ask someone you feel comfortable with. Okay, maybe you can't? Is that a no?

Right off the bat, there are ways to figure out what to do from other sources, the best being analysing the work left behind by the previous people, but, that might not tell you what you need to do. Take notes. Ask again. Do not sit around dreaming or phoning people. Phone your parents or brothers and sisters to find out what to do. If you don't know, google the net to find out what people with your job title do, yes? Yes you can! Now you get it!

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Now, I am going to teach you how to redirect stress. First, have an argument with someone. A little one. A heated debate then? You can practice dealing with what they are talking about, and not changing the subject. It is weak people that change the subject all the time, but it is strong people that use other avenues to explain themselves on other's terms.

Now, you will be able to focus your stress. Stress is energy. Believe it. Your whole body is made of nerves, nerves merely see, hear, touch and so forth, but, everything we think or otherwise do is the result of chemical processes of the sub conscious, of course. The pre motor cortex is in charge of like you know a engine? The engine will start to do things only after the instructions are felt... now you get it! You only react, you do not act. Everything you do is the result of your environment, and, your hard wired instinct.

Now, back to the dark side!

If you practice directing your stress at the issue at hand, you will be able to channel all your stress, which is stored energy, mind you, back into the stuff that is stressing you out, like your work or kids. If you were to observe that the nerves are storing information about your environment or the workings of it, then you will also understand that you are stressed because all the reactions going on in your body are resulting in the muscles, yes? Shoulders, back, so forth... all of these areas are stressed, but it is coming through your brain trying to work. What the hell... wow...

So, you need to take all that stored energy in your muscles, and direct it outwards. Think of yelling? That is your lungs being stressed less – a instinct to get rid of the energy, as, it takes energy to yell.

Once you have practised directing your focus at the thing that you want to, instead of, for example, someone under you, then you will be able to just process mental and physical energy from stress! This is because no energy is ever destroyed, it just changes forms – use the internet to verify that.

Is your boss shouting at you? Are they stressing you out? Do they redirect from the issues at you? Fear not, this is more energy to use! I promise you, that is how it works.

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Now, it comes to saying yes. This is the path of least resistance and the path to happiness. If you think, for example, that you are going to hit your kids, you might decide to say yes to teaching them a lesson, or yes to sparing the rod, yes? Of course, you are saying yes to something every time you do anything, but, finding the easiest things to say yes to is often the best! Say yes to asking the prettiest girl out! Say yes to ordering your favourite ice cream flavour when everyone else is having the same!

If you were to be someone, you can change. You can be who you want to be with practice, yes? Think about the image you want to project, then see how good you are at projecting it. If you were to want to be, like, a model, you would have to think about the way you walk, yes? Try it, is it for

you? Be who you want to be, not who you are 'forced' to be by others. Try it, why not? Why so? If why so outweighs the why not, then do it!

We all want to be someone else, it is human nature, haven't you heard that grass is always greener on the other side? If you were to see someone you think is cool, you might want to do something similar, yes? If you see someone ice skating, maybe that is good for you? Maybe you want to too? Why not? Why so? Will you look stupid? Why don't they look stupid?

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Dating! This is the most thought up thing like ever for girls. Their whole world revolves around men. Think about it, make up to look nice for men, clothes to look nice for men, friends to talk about men with... it is quite sad actually!

Okay, I gave you guys the skinny... what are you going to do to get the girl?

Look around, how many women are there? Lots hey? Why not take a run at one of them. Why not go for someone you think will obviously turn you down? Make a joke of it? Hell, why not make a joke of your whole image? Dress funky with your friends and go out looking for women at the mall? Just say to yourself that you will get someone, someone else is also going to think it is funny, yes? If they do, maybe you will have a date?

Now, I am not saying that you should go out there and make fun of women, I am saying make fun with women. I know that women are more mature than men, and they spend lots of time being realistic with themselves, but, with the alpha male syndrome of the males, they feel it in their nuts when they think of doing something like asking a girl out. This is because, in our hard wired psyche, men are supposed to have all the women, yes? Think about it... the most popular men have lots of women talking to them, trying to expand their circle to include these men, so, they can flaunt them.

Women like to be bragged about, they like to be decorations, they like to compliment the male they are with. So, remember, why not go for the top girls, joke around with them? Remember they have mods too! If someone turns you down, they are probably just in a bad mood – you have no idea how much women get peeved off at men that are shy and do not pull the trigger!

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And that sums up my most important things I can share with you to be the best person you can be. If you try these things, you will find that they might work for you, depending on how you try them, of course. If they don't work, I don't know what to say.

If you wish to validate my 'new theories,' hell if you really want to hear the same old things over and over again, please don't repeat them to me.